

IN THE CLAIMS:

I claim as my invention:

1. An arm pillow, comprising:
 - (a) a pillow having a front side and a backside;
 - (b) an elastic support sleeve, attached to the backside of the cushion, through which a user's arm may extend and supporting the cushion on the user's arm.
2. The arm pillow of claim 1 wherein the backside of the pillow has a width, and the support sleeve has a first and second point of attachment to the backside of the pillow, and the first and second points of attachment are spaced apart substantially equal to the width of the backside of the pillow.
3. The arm pillow of claim 1 wherein the support sleeve is positioned on a user's arm to over the elbow of the user.
4. The arm pillow of claim 1 wherein said sleeve comprises two sheets of elastic material affixed at one end to the backside of the pillow and removably and operatively connected to each other at opposite ends.
5. The arm pillow of claim 1 further comprising means, operatively connected to the sleeve, for tightening the sleeve on a user's arm.
6. The arm pillow of claim 1 further comprising a strap having a first end attached to the support sleeve and a second end that is removably attached to the sleeve.
7. A method of supporting an infant's head and such while holding the infant, comprising the steps of:
 - (a) providing a pillow having a front side and a backside; and
 - (b) securing an elastic support sleeve to the backside of the pillow.

8. The method of claim 7 further comprising the step of positioning the sleeve on a user's arm to cover the user's elbow.